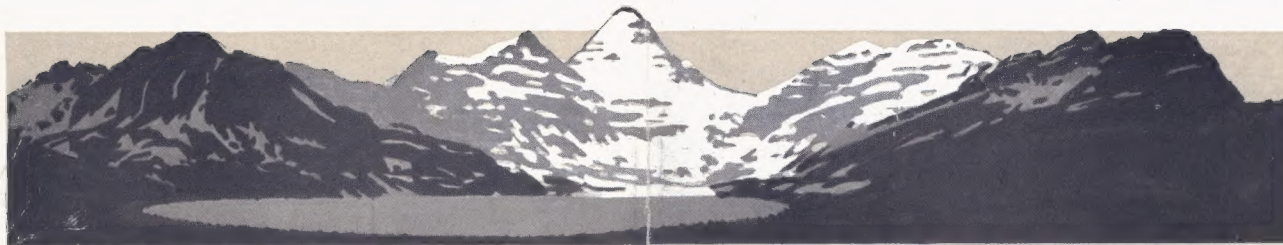


# WHAT TO DO AT BANFF

IN THE  
CANADIAN  
PACIFIC  
ROCKIES



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# WHAT TO DO AT BANFF

Banff is the administrative headquarters of Rocky Mountains Park (area 2,751 square miles). No part of the Rockies exhibits a greater variety of sublime and romantic scenery, and nowhere else are good points of view and features of special interest so accessible. The town lies embowered in pine forests and lawns, in a pocket of a wide circle of pearly-grey limestone peaks. Warmed by clear sunshine and kissed by clear air, exhilarated by the glacial-green Bow River that frisks through its middle, Banff bids all welcome.

The traveller seeking a holiday can find all his wants supplied at the finest mountain hotel in the world, the Canadian Pacific Banff Springs Hotel, which is open from May 15th to September 30th.

## *The Panorama of Banff*

From either the station, the bridge or the Banff Springs Hotel a magnificent panorama is to be witnessed. From the station first: to the north is the grey bulk of Cascade Mountain, towering above the town like a grim old idol. To the east are Mount Inglismaldie and the heights of the Fairholme sub-range. Still farther to the east the sharp cone of Mount Peechee closes the view in that direction. To the left of Cascade rises the wooded ridge of Stoney Squaw. To the west and up the valley are the distant snowy peaks of the main range above Simpson's Pass. To the left is Sulphur Mountain; to the south-east the isolated, wooded bluff of Tunnel Mountain and the long serrated spine of Mount Rundle.

From the Bow bridge the view is even more magnificent, for the river runs through the centre of the picture, and one who has caught his first glimpse of this picture close to sunset will never forget its breath-taking beauty. A little beyond the bridge the river frolics over a series of rapids in a narrow gorge and then, leaping in clouds of spray, falls almost opposite the Banff Springs Hotel. From the high elevation of the hotel a somewhat different view is obtained, looking across the junction of the Bow with the smaller and darker Spray River, between Tunnel and Rundle Mountains, to the distant snow-clad barrier of the Fairholme Range.

**Hot Springs** Had Banff not become famous for its beauty, it must have become famous for its hot springs, which are amongst the most important of this continent. The five chief springs have been found to have a total flow of about a million gallons a day, and issue from the ground the year round at a temperature of over 90 degrees Fahrenheit. The chief constituents are calcium sulphate or gypsum, calcium bicarbonate, and magnesium sulphate, and their therapeutic value is very high. Winter makes no difference to the temperature of the water. The springs, which are radio-active, have been developed by the erection at two of them of bath houses and swimming pools.

**Swimming** Excellent swimming in warm sulphur water is afforded at the Upper Hot Springs, the Cave and Basin Bath House, and at the Banff Springs Hotel. The first named, situated on the wooded slopes of Sulphur Mountain, at an altitude of 5,132 feet, is accessible by an excellent road from the Bow River bridge (2½ miles) or by trail from the Banff

Springs Hotel. The Cave and Basin is one mile from the bridge, and here the Government has erected a handsome \$150,000 swimming bath. The Banff Springs Hotel has its own beautiful sulphur pool, with fresh water pool adjoining and with expert masseurs in attendance at the Turkish baths attached. The temperature of this sulphur water averages 90 degrees Fahrenheit.

**Golf and Tennis** An eighteen-hole golf course, situated on the banks of the Bow River at the base of Mount Rundle, is open to all visitors to Banff for a small fee. A professional player is in attendance. A tennis court is free to guests at the Banff Springs Hotel.

**Boating** Boating facilities—rowing, canoeing, and motor-boating—are available one hundred yards from the bridge. A paddle up the Bow brings one to mirror-like Lake Vermilion—one of the many beautiful lakes in the Park. A ten-mile motorboat trip into the heart of the mountains is also offered. Another trip is up the Echo River, with two miles of excellent paddling and sylvan shade. Lake Minnewanka, eight miles from Banff, affords splendid boating amidst unexcelled scenery, steam launches being also available.

**Recreation** On the shore of the Bow River, 500 yards west of the bridge, are the Government Recreation Grounds and Building, with special picnic, baseball, tennis, football, and cricket grounds.

**Walking and Riding Trips** There are a large number of beautiful trails and roads leading from Banff, offering delightful rides, drives and walks. Bow Falls, three minutes from the Banff Springs Hotel, is one of the most beautiful spots in Banff. A lovely pine-canopied avenue also runs from the Bow Bridge to the foot of the falls below the hotel, passing en route the fish hatchery of the Department of Fisheries. On the east side of the Bow Falls is the road which switchbacks up Tunnel Mountain, the highest point being reached by a series of short switches called the Corkscrew. It affords splendid views of the Bow Valley and the surrounding mountains. Another beautiful walk is past the Cave and Basin to Sundance Canyon.

Sulphur Mountain, a long wooded ridge rising to an elevation of 8,030 feet, at the summit of which is an observatory, and on the slopes of which is the clubhouse of the Alpine Club of Canada; Cascade Mountain, a massive giant facing the station; Mount Rundle, the sharp, pointed edge of which forms one of the most striking features of the landscape; Mount Norquay and Stoney Squaw, are all within easy walking distance, and afford climbs not exceeding one day.

The Animal Paddock, 1½ miles from the town towards Lake Minnewanka, and containing buffalo, elk, moose, mountain goat, and mountain sheep, the Zoo and Museum, and Sundance Canyon should not be omitted.

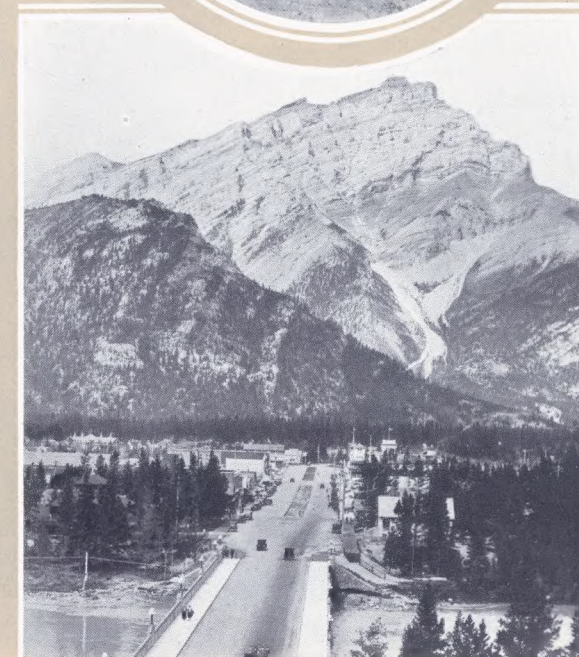
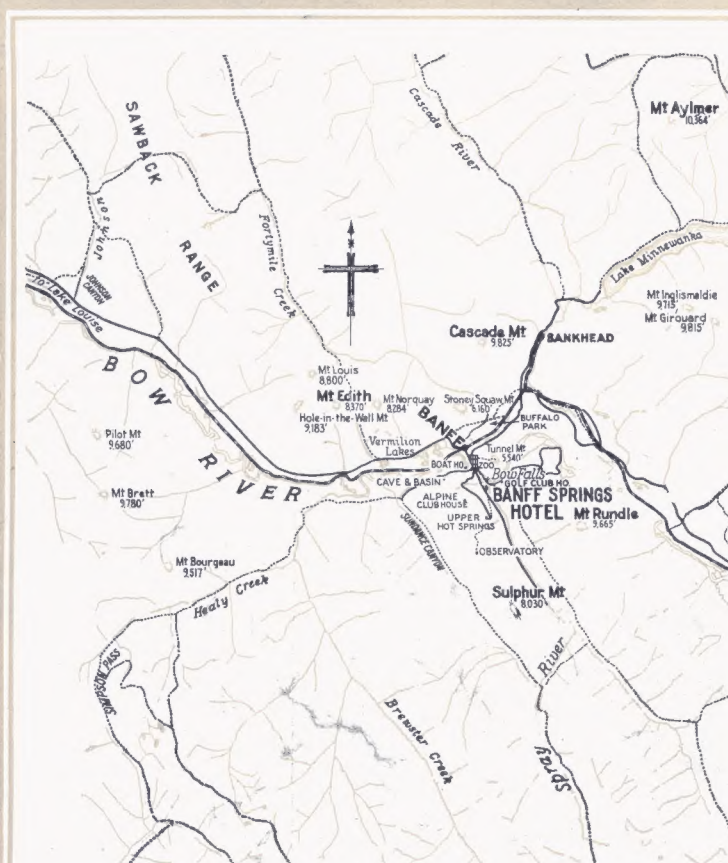
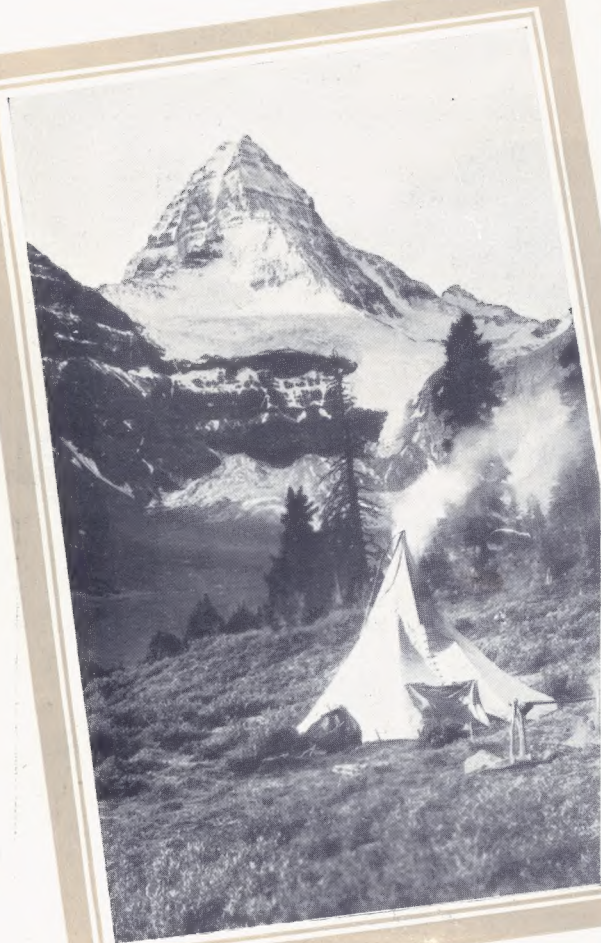
**Drives or Automobile Trips** Some of the walking trips mentioned may be taken by saddle-pony or automobile. In addition, there are others that are too far for the ordinary walker. Lake Minnewanka, a lake of somewhat stern beauty with a plentiful supply of fish; Johnston Canyon,





Top Row, left to right—Off for a Mountain Canter—Indian Braves in the Annual "Pow Wow"—Marble Canyon, on the Banff-Lake Windermere Road  
Bottom Row—Banff Springs Hotel—Sulphur Swimming Pool, Banff Springs Hotel. Inset—Bow Falls





At Top—Looking south across the Bow River. To the left, Mount Rundle; to the right, Sulphur Mountain  
Below, left to right—Mount Assiniboine—Banff and its Vicinity—Cascade Mountain and Banff—In the Buffalo Paddock



with a fine waterfall, westward sixteen miles from Banff, and situated in the midst of a panorama of snowy peaks; the "Loop Drive"—are some of these splendid driving trips. A fine automobile trip which has become very popular runs along the new Banff-Windermere automobile highway to the Columbia Valley. Leaving Banff in the morning, one can lunch at Storm Mountain, Marble Canyon or Vermilion River.

Another fine drive is along the Calgary road to the Kananaskis Dude Ranch in the foothills.

**To Lake Louise** One of the finest automobile trips is that to Lake Louise, a distance of 41 miles. The route is past the Vermilion Lakes, the Sawback Range, Johnston Creek, Castle Mountain and Temple Mountain. A herd of Rocky Mountain sheep, in their wild native state, is usually seen by the roadside, about five miles west of Banff, and not unfrequently mountain goats are seen high up on the cliffs. A short detour at Castle enables one to take in Storm Mountain on the crest of Vermilion Pass, with a magnificent panorama of the Bow Valley, the Sawback Range, and the Vermilion Valley and Range in British Columbia.

Large sightseeing cars leave Banff Springs Hotel and the Chateau Lake Louise twice daily during the summer season.

**Saddle-Pony Trips** There are over 700 miles of trail in Rocky Mountains Park, a large part of which radiate from Banff, and many worth-while trips, from a day's to a fortnight's duration, can be made from Banff or Lake Louise. In addition to those which come under the head of walking or driving, the visitor may find his way, by pony, to Mystic Lake, in the heart of the Sawback Range, to Ghost River and through the Indian Reservation to the town of Morley, the Spray Lakes, the Kananaskis Lakes, etc.

A particularly fine pony trip from Banff and one on which several days can profitably be spent, is that to Mount Assiniboine—the "Matterhorn of the Rockies." This can be reached via the Spray Lakes, and the return made by traversing the beautiful summit country in the vicinity of the mountain through the heather and flowers of Simpson Pass and along Healy Creek. Excellent trout fishing may be had at the Spray Lakes.

**Indian Pow-Pow** There are a number of Stoney Indians in the Morley reservation near Banff. An annual "pow-pow" of sports, races, etc., is held during the month of July.

**Winter Sports** Banff is rapidly becoming an important centre for winter sports, the Annual Carnival attracting ski-jumpers of international reputation.

#### AUTOMOBILE TARIFF AT BANFF

(Rates are per person)

To Cave and Basin—25c each way (minimum 50c).  
To Golf Links—25c each way (minimum \$1.00).  
To Middle Springs—75c each; round trip, with 15 minutes' wait, \$1.00. (Minimum \$2.00 each way, \$2.50 round trip.)  
To Upper Hot Springs—\$1.00 each way; round trip, with 15 minutes' wait—\$1.50. (Minimum \$3.00 each way; \$3.50 round trip.)  
From station to any part of Banff north of Bridge and west of Grizzly Street—25c; to any other part of Banff—50c. (Minimum \$1.00.)  
Bus from Station to Banff Springs Hotel, each way—50c. Ordinary hand baggage free; trunks and heavy baggage, each way—25c per piece.

#### SPECIAL AUTOMOBILE LOOP TRIPS FROM BANFF

**General Drive**—Around Tunnel Mountain to Hoodoos, down and around Buffalo Paddock, Zoo, Cave and Basin, Golf Links, Banff Springs Hotel, and return to village—22 miles.

**Loop Drive**—8 miles round distance.

**Tunnel Mountain Drive**—4½ miles round distance.

#### DISTANCES—ROCKY MOUNTAINS PARK (ONE WAY)

Banff to Buffalo Paddock—2½ miles. To Sundance Canyon—3½ miles. To Mount Edith—4 miles. To Hoodoos, via Tunnel Mountain drive—4½ miles; or via Buffalo Paddock and Anthracite—7 miles. To Bankhead—5 miles. To Canmore—16 miles. To Johnston Canyon—16 miles (rate for Johnston Canyon includes waiting time up to 45 minutes). To Lake Louise—41 miles; and to Lake Louise and Moraine Lake—50 miles.  
To Lake Minnewanka—8½ miles. (Additional charge of 50c per person may be made on motor coach trips to cover waiting time for launch trip.)

The above rates (subject to alteration) are established by the Dominion Parks Branch, Department of the Interior. Attempted overcharges should be reported to the Superintendent, Rocky Mountains Park, Banff, Alta.